

May 2021

# Carver Council on Aging

## What's Inside for May

### HANG ON A LITTLE BIT LONGER, WE'RE ALMOST THERE!

As of the printing of this newsletter, the Town of Carver was still in the red status for COVID-19 infections. As such, the Carver Board of Health has advised to maintain the current CDC restrictions and guidelines which limit the Nutrition Center occupancy to 10 (8 seniors and 2 staff members) for all activities. Congregate meals will be able to return once capacity increases. For the month of May, we will continue our daily Grab and Go lunches, Coffee Hours on Tuesdays and Thursdays, plus Wednesday Craft classes. Zoom programs are still available through the Carver COA and are available through all area COAs as well. Warmer weather will also allow for possible limited outdoor programming. *Keep posted for future updates!*



### ESSENTIAL OILS TICK & MOSQUITO SPRAY "MAKE & TAKE" CLASS

*Presented by doTerra Rep. Chris Ventura*

**Monday, May 10th at 10:00 am**

Spring is the season for song birds and blooming flowers. It is also the start of tick and mosquito season! Learn how a special combination of essential oils creates a natural and effective tick and mosquito repellent. Make & Take your own 2 oz. spray bottle. The Friends of the Carver COA will cover the \$5 cost. Register at **508-866-4698 x3**. *Note: class space is limited and may be outdoors if weather permits.*

### COFFEE WITH THE CHIEF RETURNS Tuesday, May 11th at 10:00 am

Chief Duphily resumes his monthly visits in May. Make a reservation on Monday, May 10th by noon with June at **508-866-4698 x4** for the Tuesday Coffee Hour on May 11th.

## THE WALK MASSACHUSETTS CHALLENGE BEGINS MAY 1ST!



*Lace up your sneakers - the Walk Massachusetts Challenge is back!*

Your participation helps the Carver COA win money for fitness programs and gives you the chance to win one of several prizes! The challenge runs from May 1st - September 30th. With 5 individual goals, there's a challenge for everyone - from walking 65 days to walking 692,600 steps - each tied to a fun Massachusetts fact. Select the challenge based on your walking abilities. When you complete your challenge, you are entered into a drawing for a \$50 VISA gift card, \$25 Amazon gift card or a \$10 Dunkin' gift card . . .and for each person who completes a challenge, the Carver COA gets an entry to win up to \$1,000 for use with fitness programming. The more who enter and walk, the better the chances! The first 500 people to sign up receive a lightweight backpack and reflective slap bracelet! Don't wait, sign up today at [www.mcoonline.com/walkma](http://www.mcoonline.com/walkma). For more information call Connie at 508-866-4698 x3.

*The Walk Massachusetts Challenge is sponsored by Massachusetts Councils on Aging.*



#### COUNCIL ON AGING

Monday -Thursday  
9 AM-3 PM  
Friday 9 AM-12PM  
48 Lakeview St., South Carver  
**508-866-4698**

#### COA DIRECTOR

Connie Kelly  
Monday-Friday  
8 AM-4 PM  
**508-866-4698 x3**  
[connie.kelly@carverma.gov](mailto:connie.kelly@carverma.gov)

#### BOARD OF DIRECTORS

Donna Marie Forand-Chair  
Claudia Miller-Vice Chair  
Helen Marrone-Secretary  
Savery Moore  
Nancy Ryan  
Stephanie Clougherty Alt.  
Paula Hitchcock Alt.

#### FRIENDS OF THE CARVER COA

Ron Clarke - President  
Paul M Kelly -Vice President  
Madeline Joyce -Treasurer  
Jackie Rogerson - Secretary  
**508-866-4698**

*The mission of the Carver Council on Aging is to identify the needs, interests, and concerns of Carver's senior community and in response develop and implement programs and services that address these. The goal of these endeavors is for the senior community to maintain their independent lifestyle with dignity, while enriching their quality of life.*

# GATRA Dial-A-Ride

Shopping - Dining - Appointments - Ride to the COA

GATRA operates out of the COA and provides transportation to senior and disabled residents.

## PLEASE REMEMBER

Call our dispatcher from 9:00 am - 12:00 pm no later than the day before to schedule a seat on the bus. Have the address of the location to which you need transportation when you schedule.

**Call in advance to CANCEL a reservation.**

*Messages can be left after hours.*

**DO NOT call the drivers directly!**

## UPDATED LIMITED SCHEDULE

Due to the COVID, Gatra Bus Service has changed.

Capacity is limited to 2 passengers maximum per bus and masks are required.

Trips are limited to:

- \* Doctor's Appointments
- \* Pharmacy Runs
- \* Grocery Shopping at Shaw's Carver Only
- Wednesdays and Fridays*

## GATRA Bus FAQs

**What towns does GATRA provide rides to?**

Transportation is provided to the towns adjacent to Carver.

**What is the fee for riding the GATRA bus?**

The fee is **\$1.75** each way. A book of 10 passes can be purchased for **\$15**. *A book of passes makes a great gift for any senior in your life that needs transportation!*

**How do I schedule a ride?**

Call **508-866-4698 x-1** prior to 12 pm the day before.

## IMPORTANT NOTE FOR WHEELCHAIR PASSENGERS:

Wheelchair passengers *must* bring a companion to accompany them on their trips as GATRA drivers are unable to escort passengers beyond their arrival point.

The Plymouth County Sheriff Department's **Free Safety Assurance program** is a computerized telephone system that places a call to a participant at a pre-arranged time each day. Calls are received between 6 am and noon. **To enroll, call 508-830-6256.**



**LOAN CLOSET** (please call before dropping off items)

The COA maintains a "loan closet" of canes, walkers, crutches, commodes, wheelchairs, etc., available to borrow at no charge. **Sanitization is the responsibility of the borrower.**

## COPIES

This free service is not available at this time while the COA building is still closed to the public.

## VETERAN'S SERVICES

Mark Pineo, Carver's Veteran's Agent and Director of Veteran's Services can be reached at **508-866-3406**.

## LEGAL ADVICE

**Until the COA is fully open for on-site appointments, please call Attorney Hale's office directly at 508-866-2900 and be sure to mention the referral from the COA.**

## ATWOOD HOUSE RENTAL

The Nutrition Center at the Atwood House is not available for rent at this time.

## FRIENDS OF THE CARVER COUNCIL ON AGING

New members are always welcome!

**Annual membership is \$10** which supports COA activities, performances and trips!

*Checks can be sent to:* Friends of the Carver COA, PO Box 72, Carver, MA 02330, Attn: Madeline Joyce.

## SENATOR PACHECO

Call **508-822-3000** or **617-722-1551**

to see if you can schedule an appointment.

## STATE REPRESENTATIVE WILLIAMS-GIFFORD

Call the district office at **508-295-5999** to schedule an appointment.

## WELLNESS CLINICS ARE IN THE WORKS

The Carver Board of Health is working with the Carver EMS Department to provide weekly blood pressure clinics as well as monthly glucose and cholesterol screenings to the Carver COA upon a full reopening.

## HAIRCUTS BY DONNA

Donna Lawrence is available to provide in-home hair cuts by appointment; \$20 for a cut, cut and blow dry \$30. Call **508-866-4698 x3** to make an appointment.

## COA Board of Directors Bulletin Board

The Carver COA Board of Directors continues to support the COA and identify the needs, interests and concerns of Carver seniors and in response, work with the COA Director to implement services to meet these needs. The goal is for seniors to maintain an independent lifestyle with dignity while enriching their quality of life.

*Next BOD Meeting: Thursday, May 27th at 4:30 PM*  
<https://www.carverma.gov/council-aging>

## GATRA MINI-BUS

Peggy Wood

Dispatcher

Monday – Friday

9 AM-12 PM

**508-866-4698 x 1**

## OUTREACH SERVICE

Heidi Lufkin-Miles

Outreach Coordinator

Tuesday - Thursday

9 AM - 3 PM

**508-866-4698 x 2**

## NUTRITION CENTER

June Benson

Monday -Thursday

8 AM - 3 PM

Friday 8 AM - 12 PM

**508-866-4698 x 4**

Lunch weekdays at 11:45



## COFFEE HOUR

**Tuesdays and Thursdays 10:00 AM - 11:30 AM.** Reservations are required by noon the day before by calling the Nutrition Center at **508-866-4698 x4.**

## DAILY GRAB & GO LUNCHES

**Monday through Friday, pick up between 11-12 in the Nutrition Center.**

Reservations are required by noon the day before **508-866-4698 x4. Cost \$3**

## FOOTCARE ON HOLD

If you need pedicare, call Dr. John McLaughlin (podiatrist) at 781-738-3472 or BID Podiatry Clinic 116 Court St., Plymouth 508-747-1973.



## Join Our Wellness Webinars!

Blue Cross Blue Shield wants to help you stay well, with no-cost health education webinars in partnership with the Carver COA.

**Wednesday, May 5th,  
2:00 p.m. – 2:30 p.m.**

## Immunity Boosters and Busters

*Presented by Tricia Silverman, RD*  
Learn which foods and lifestyle practices enhance immunity and which ones decrease your body's ability to fight infection and illness. Join our registered dietitian, wellness coach, and fitness instructor as she shares practical tips and nutrition demonstrations to help inspire you to eat for better health and immunity.

**Register Now at [bcbsma.info/May5](http://bcbsma.info/May5)**

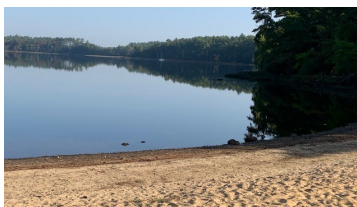
**Thursday, May 27,  
2:00 p.m. – 2:30 p.m.**

## Meditation for Busy Minds

*Presented by Janet Fontana, RN, and Certified Health Coach.*

Join us to learn what meditation is and how it works to quiet the mind. Practice simple meditation techniques during the webinar and discover free apps for creating an at-home practice. New and experienced meditators welcome. **Register Now at [bcbsma.info/May27](http://bcbsma.info/May27)**

## WHAT'S HAPPENING THIS MONTH



## MORNING MEDITATION AT SAMPSON POND

**Monday, May 24th at 9:00 am**

Mary Wilson, of Wild Divinity Yoga, will lead this outdoor class seated in chairs along the path at the edge of Sampson's Pond. Different styles of meditation will be discussed along with the many benefits. Suggested donation is \$5. Call **508-866-4698 x3** to register and to receive a special parking pass.

## FREE IN-HOUSE CRAFT CLASSES WEDNESDAYS OR "TAKE & MAKE" CRAFT KITS THURSDAYS

*Sponsored by the Friends of the Carver Council on Aging*  
The same craft will be available to make in the Nutrition Center of the COA on **Wednesdays from 10-11** or as kits to pick up at the Nutrition Center **Thursdays between 11-12**. **Registration for craft class or reservation for craft kit needs to be made by noon the day prior at 508-866-4698 x3. Limited availability.**



## Tie Dye Face Masks

Fabric face masks, food coloring, rubber bands. **5/5 class or 5/6 kit.**

**Volunteer Meals on the Move Drivers Needed**  
**Call 508-866-4698 x3**

## Mini Canvas Painting

Mini canvas, paints, brush and instructions. **Class 5/12, Take & Make kit 5/13.**



## Fairy Garden Craft

Plastic tray, soil, rocks and assorted "fairy" accessories to decorate with. **Class 5/19 or kit 5/20.**



## Marker Tile Coaster Craft

Ceramic tile, cork backing, markers instructions. *\*Requires isopropyl alcohol.* **Class 5/26 or kit 5/27**

**Don't forget to call to register for a class or to reserve a kit!**



## COME PLAY ONLINE ZOOM BINGO

WEDNESDAYS AT 10AM

SPONSORED BY INTEGRITY  
FIRST REAL ESTATE  
FOR THE CARVER COA

*Cindy/Cheryl Team*  
**508-904-0610**

*Please call to receive a game board by mail or email (to print out).*

*The same board is used each week. Fun prizes will be delivered to winners (following all safety protocols).*

## FOOD PANTRY

**Shane Gives Thanks** - 128 Main St.  
Tues./Thurs - 8 - 1

\*Wed 1 - 4

Sat/Sun/Mon - Closed

\*Wed. is Veteran's Shopping Day  
**508-866-7673**

## MEALS ON THE MOVE

The COA provides prepared meals for homebound elders.

Monday - Friday

**Daily Cost: \$3.00**

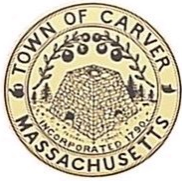
Call the Nutrition Center at  
**508-866-4698 x 4**

## SHINE PROGRAM

### Health Insurance Counseling

Appointments via phone or email only available at this time.

**Please call the Regional Office at the Middleboro COA at 1-800-AGE-INFO (1-800-243-4636)**



CARVER COUNCIL ON AGING  
P.O. BOX 618  
SOUTH CARVER, MA 02366


Return Service Requested

Std Lts  
U.S. Postage PD  
#37  
Carver, MA 02330



# 2021 MAY



Sun	Mon	Tue	Wed	Thu	Fri	Sat
<b>2</b> Don't forget to register for the Walk Massachusetts Challenge!	<b>3</b> Grab & Go Lunch Pick up 11 - 12	<b>4</b> Coffee Hour 10-11:30 Grab & Go Lunch Pick up 11-12 Oil Painting 1:00	<b>5</b> Tie Dye Mask Craft 10:00 AM Grab & Go Lunch Pick up 11 - 12 Acrylic Painting 5	<b>6</b> Coffee Hour 10-11:30 Grab & Go Lunch &/or Craft Pick up 11 - 12	<b>7</b> Grab & Go Lunch Pick up 11 - 12 Basket Weaving w/Patty Batson 9:30 AM	
<b>9</b>	<b>10</b> Make & Take Essential Oils Class 10 am Grab & Go Lunch Pick up 11 - 12	<b>11</b> Coffee Hour w/ the Chief 10-11:30 Grab & Go Lunch Pick up 11-12 Oil Painting 1:00	<b>12</b> Mini Canvas Craft 10:00 AM Grab & Go Lunch Pick up 11 - 12 Acrylic Painting 5	<b>13</b> Coffee Hour 10-11:30 Grab & Go Lunch &/or Craft Pick up 11 - 12	<b>14</b> Grab & Go Lunch Pick up 11 - 12	<b>15</b>
<b>16</b>	<b>17</b> Grab & Go Lunch Pick up 11 - 12	<b>18</b> Coffee Hour 10-11:30 Grab & Go Lunch Pick up 11-12 Oil Painting 1:00	<b>19</b> Fairy Garden Craft 10:00 AM Grab & Go Lunch Pick up 11 - 12 Acrylic Painting 5	<b>20</b> Coffee Hour 10-11:30 BCBS Webinar 10 Grab & Go Lunch &/or Craft Pick up 11 - 12	<b>21</b> Grab & Go Lunch Pick up 11 - 12 Basket Weaving w/Patty Batson 9:30 AM	<b>22</b>
<b>23</b>	<b>24</b> Morning Meditation at Sampson's Pond 9:00 Grab & Go Lunch Pick up 11 - 12	<b>25</b> Coffee Hour 10-11:30 Grab & Go Lunch Pick up 11-12 Oil Painting 1:00	<b>26</b> Sharpie Tile Coaster Craft 10:00 Grab & Go Lunch Pick up 11 - 12 Acrylic Painting 5	<b>27</b> Coffee Hour 10-11:30 Grab & Go Lunch &/or Craft Pick up 11 - 12 BCBS Webinar 2 BOD meeting 4:30	<b>28</b> Grab & Go Lunch Pick up 11 - 12	<b>29</b>
<b>30</b>	<b>31</b> 					The activities listed on this calendar are subject to change